

# MLC SPORTING EXCELLENCE



METHODIST  
LADIES'  
COLLEGE

## HIGH-PERFORMANCE SPORTS PRIZE APPLICATION FORM

**Applications close:** Friday 28 November 2025 | 5.00pm

Return your completed application to: [sportingexcellence@mlc.wa.edu.au](mailto:sportingexcellence@mlc.wa.edu.au)

### APPLICANT DETAILS

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Current School: \_\_\_\_\_

Current Year Group: \_\_\_\_\_

Home Address: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Parent Phone: \_\_\_\_\_

### SPORTING INFORMATION

Main Sport: \_\_\_\_\_

Club (if applicable): \_\_\_\_\_

PERSONAL BEST TIME/DISTANCE/SCORES OVER THE LAST 12 MONTHS (IF APPLICABLE)				
Event	Times/Distance/Scores	Date Achieved	Meet/Event Where Achieved	Evidence Provided? (Y/N)

## RANKING/REPRESENTATIVE HONOURS OVER THE LAST 12 MONTHS

Team sports – highest achievements including development training squads (evidence must be supplied)

State Level (e.g. WA Under 15 team):

National Team (e.g. Australian Under 18 School Girls):

Individual sports – highest achievements including development training squads (evidence must be supplied)

State Ranking (e.g. 2nd in 14yrs 50m Butterfly):

National Ranking (e.g. 6th in 15yrs Discus):

## OUTLINE ANY OTHER SIGNIFICANT SPORTING RESULTS OVER THE LAST 12 MONTHS

1.

2.

3.

Please include proof of performance.

This may include SSO or NSO letter of selection, media clippings, webpage results link, official results or photographic/video evidence.

## OUTLINE HOW YOU INTEND TO REPRESENT THE COLLEGE IN SPORT IN 2026

## SHORT AND LONG TERM GOALS

Sporting Goals – Short Term:

Sporting Goals – Long Term:

## CURRENT TRAINING TIMETABLE FOR ALL SPORTS AND ACTIVITIES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before school							
During school							
After school							

## WHY SHOULD YOU BE CONSIDERED FOR A HIGH-PERFORMANCE SPORTS PRIZE AT MLC?

## COACH'S REFERENCE

The reference must be completed by a school coach or teacher, or a recognised club or regional, state or national coach in the candidate's chosen activity.

Coaches—please note that students awarded a High-Performance Sports Prize are expected to represent the College in sport throughout the year.

Candidate's Name: \_\_\_\_\_ Sport: \_\_\_\_\_

Coach's Name: \_\_\_\_\_ Mobile: \_\_\_\_\_

How long have you coached the candidate? \_\_\_\_\_

### IN YOUR OPINION, WHAT ARE HER PARTICULAR STRENGTHS?

### AND WEAKNESSES?

### WHY SHOULD SHE BE CONSIDERED FOR A HIGH-PERFORMANCE PRIZE FOR SPORT?

Coach's Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_